

AMBLESIDE

With the Compliments of the
Medical Officer of Health.

17 Lowther Street ,
Kendal.

ANNUAL REPORT

OF THE

Medical Officer of Health

FOR

1920.

KENDAL :

PRINTED BY ATKINSON & POLLITT, STRICKLANDGATE,

1921.

Medical Officer of the
Army of the United States

Johnston
L. Johnston

AMBLESIDE
URBAN DISTRICT.

HEALTH COMMITTEE.

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URBAN DISTRICT OF AMBLESIDE.

To the Chairman and Members of the
Urban District Council of Ambleside.

GENTLEMEN,

I have the honour to submit to you my annual Report for the year 1920, compiled in accordance with your instructions and those of the Ministry of Health.

The advent of a new Census to be taken this year will greatly facilitate the correct compilation of Statistics and Ratios.

My thanks are extended to your Officials who have rendered me excellent assistance on all occasions, as also to the members of the Medical Profession, whose willing co-operation has been a most valuable asset towards a constructive policy of preventive medicine.

I am, Gentlemen,

Your obedient Servant,

W. BARON COCKILL,

Medical Officer of Health.

March 21st, 1921.

Annual Report of the Medical Officer of Health for the Year ended December 31st, 1920.

Area (Land and Inland Water) ... 4,424 acres.
Population (Census, 1911) ... 2,553
Population (Registrar-General's estimate)... 2,178

Population (local estimate) ... 2,500
Inhabited Houses ... 611
Average Population per house ... 4.09

Ambleside is beautifully situated between Windermere and Rydal Lake; it is surrounded by lofty hills of slate rock, whose round-topped ridges, covered with moorland grass, afford good land for grazing purposes. The climate is mild, and the rainfall recorded for the past 12 months was equal to 80.68 inches. The District is well drained by the River Rothay.

It is a residential and holiday resort, and has no large industries.

VITAL STATISTICS.

Births.							Deaths.			Infant Deaths.					
Crude.	Corrected.	Legitimate.		Illegitimate.		Rate per 1,000 Population.	Crude.	Corrected.	Rate per 1,000 Population.	Legitimate.		Illegitimate.		Total.	
		Males.	Females.	Males.	Females.					Number.	Rate per 1,000 births.	Number.	Rate per 1,000 births.	Number.	Rate per 1,000 births.
41	42	18	23	0	1	19.2	23	27	12.4	5	119	0	0	5	119

COMPARATIVE RATES.

District.	Births.	Deaths.	Infant Deaths.
Ambleside	19.2	12.4	119
Westmorland	21.6	13.9	66
England and Wales ..	25.4	12.4	80

CAUSES OF DEATH.

Measles.	Pulmonary Tuberculosis.	Other Tuberculous Diseases.	Cancer.	Organic Heart Disease.	Pneumonia.	Other Respiratory Diseases.	Congenital Debility.	Suicide.	Other Defined Diseases.	TOTAL.
2	3	1	1	3	1	1	3	1	11	27

SPECIAL DEATH RATES
per 1,000 Population.

Measles.	Influenza.	Pulmonary Tuberculosis.	Other Tubercular Diseases.	Cancer.	Pneumonia.
0.91	0	1.38	0.45	0.45	0.45

ANALYSIS OF INFANT DEATHS.

Cause.	1 week.	1-2 weeks.	2-3 weeks.	3-4 weeks.	under 1 month.	1-3 months.	3-6 months.	6-9 months.	9-12 months.	Under 1 year.
Measles ..						1				1
Atcabetasis ..	1				1					1
Atrophy, etc.	1				1	1			1	3
	2				2	2			1	5

Still births notified 1.

The amount of Poor Law Relief is indicated by the following facts :—

Average daily population in Institutions (Kendal Union) about	...	...	...	163
Annual population receiving Outdoor Relief in Ambleside	...	...	...	5

There is no local hospital, but the Westmorland County Hospital affords accommodation for those requiring hospital treatment.

SANITARY CONDITIONS OF DISTRICT.

Water.

The water supply of the district is obtained from Scandale Beck. It is abundant in quantity, pure in quality, and constant in supply; it is laid on to all houses except a few outlying ones, which are supplied from springs or have their own reservoir; from these sources there is a plentiful supply of good quality. The water is soft in character, free from liability to contamination, and has no plumbo-solvent action.

Rivers and Streams.

These are under the supervision of the County Council and no complaints have been received from the Inspector as to any pollution.

Drainage and Sewerage.

There is a separate system for drainage, but a large quantity of rain water finds its way into the sewers from old property; this has a tendency to keep them flushed and cleansed. An excellent up-to-date sewage disposal works is in operation, with settling tanks and filters. Its capacity is such that it is more than sufficient.

Closest Accommodation.

The accommodation is as follows :—

Water closets drained to sewers	...	511
Water closets drained to cesspools	...	26
Privies	...	21
Pails	...	8
Total	...	566

Privies converted or done away with during 1920—20.

Owners of 26 houses having use of 21 privies have agreed to convert same.

3 Pail closets were converted into W.C's.

Scavenging.

This is done by the Local Authority and is efficient; refuse is deposited on a tip at the sewage works, and disinfection of receptacles is carried out after clearance.

There are 276 ashbins which are emptied weekly and 177 ash-pits, of which 21 are combined with privies; they are emptied at suitable intervals, many of them weekly and none at longer intervals than 2 months. Ashpits to the number of 77 have been substituted by ashbins in recent years, and of this number 22 were so converted in 1920.

The conversion of privy-ashpits is well in hand and should be completed during the year.

Inspections.

These have been regularly carried out and the following nuisances discovered and abated :—

Defective Drains	...	...	6
Defective Water Closets	...	...	1
Abatement of Privies and Ashpits	...	...	46
Insanitary Passages	...	...	15
Defective Ashpits	...	...	4
Defective Ashbins	...	...	1
Defective Spouts	...	...	2
Defective Water Supplies	...	...	7
Defective Pail Closets	...	...	3
Defective Gullies	...	...	5
Defective Paving to yards	...	...	2
Accumulation of Refuse-manure, &c.	...	...	6
Total			98

No Statutory Notices were issued but Informal Notices in 98 cases.

PREMISES AND OCCUPATIONS CONTROLLED BY BYE-LAWS AND
REGULATIONS.

Slaughter-houses	...	...	2
Knackers Yard	...	...	1
Total			3

No action has been needed.

There are no underground sleeping rooms.

Schools.

The sanitary conditions and water supplies are good. There have been 10 School Closures for Measles and Diphtheria. Active co-operation exists between the School Medical Officer and the Medical Officer of Health.

FOOD.

(a) Milk Supply.

This good in quality, and the arrangements for distribution are satisfactory.

Inspections of Dairies, Cowsheds, and Milkshops have been regularly carried out. No action has been taken with regard to tuberculous milk.

Milk and Cream Regulations, 1912 and 1917.—Are under the control of the Police, as also the Sale of Food and Drugs Act.

Milk (Mothers' and Childrens') Order, 1918.—Is administered by the County Medical Officer of Health.

(b) Meat.

Inspection of carcases at the time of slaughtering is made from time to time; there is always free access, and any question of diseased meat is immediately communicated to the Inspector by the Butchers themselves. No meat was condemned for any cause.

SLAUGHTER-HOUSES.

		In 1914.	In Jan., 1920.	In Dec., 1920.
Registered	...	Nil.	Nil.	Nil.
Licensed	...	2	2	2
		—	—	—
Total	...	2	2	2
		—	—	—

(c) Other Foods.

The sanitary condition of premises where food is prepared, stored or exposed for sale, has been good, and no action was required respecting them. No unsound food was discovered, and there were no cases of food poisoning.

FACTORIES AND WORKSHOPS.

		Number.	Inspections.	Nuisances.
Factories	...	6	12	3
Workshops	...	45	54	5
Workplaces	...	10	10	2
		—	—	—
Total	...	61	76	10
		—	—	—

DEFECTS.

Want of Ventilation	...	...	1
Other Nuisances	...	...	3
Sanitary Accommodation Defective	...	...	3
Special Requirements for Bakehouses	...	...	3
			—
			10
			—

All these have been remedied.

Defects notified by Inspector	...	...	4
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PREVALENCE OF, AND CONTROL OVER, INFECTIOUS DISEASE.

An outbreak of Diphtheria occurred in October, which arose through a mild nasal case in one of the schools. The Council agreed to bear the cost of anti-toxin administered to all poorer patients, both for treatment and prophylaxis, with the result that the disease was soon under control.

There was only one case of Scarlet Fever.

One case of Encephalitis Lethargica was notified and this case recovered without any permanent injury.

No "Return" cases of any disease developed.

The disease notifiable under Regulations of 7th January, 1919, were few, and the Malaria cases all contracted the disease abroad.

Bacteriological aids to diagnosis have been used in suitable cases.

No vaccinations have been performed under the Public Health (Smallpox Prevention) Regulations, 1917.

Measles was prevalent in March and April.

School intimations of Infectious Diseases have been largely utilised.

There was no epidemic of Influenza, but an emergency committee was appointed to secure any local assistance for Nursing and "Home Helps" in cases of need, and a leaflet on the subject of Influenza was distributed to each house.

There was no locally contracted Anthrax or Rabies.

No facilities exist for the cleansing of verminous persons.

There were 8 cases of Pulmonary Tuberculosis; notification has been efficient.

TABLE OF NOTIFIED INFECTIOUS DISEASE.

		Cases.	Removed to Hospital.
Tuberculosis (Pulmonary) ...	...	8	5
Pneumonia ...	...	2	—
Malaria ...	...	7	—
Scarlet Fever ...	...	1	—
Diphtheria ...	...	10	9
Encephalitis Lethargica ...	...	1	—
		—	—
Total ...	...	29	14
		—	—

SANITARY ADMINISTRATION.

1.—*Staff.*

This consists of 1 Inspector, who is also Surveyor.

2.—*Hospital Accommodation.*

This is provided for ordinary Infectious Disease at the Kendal Isolation Hospital, and consists of 4 blocks capable of dealing with 46 cases, and a further building situated 3 miles out of Kendal, for Smallpox; this can accommodate 50 patients. There is a good disinfecting plant.

This accommodation is generally adequate, and the administration is good.

3.—*Local Acts, Etc.*

The following are in operation :—

Sanitary Clauses of Public Health Act Amendment Act, 1890.

Sanitary Clauses of Public Health Act Amendment Act, 1907.

Bye-laws are in force for :—New Buildings.

The administration is effectively carried out.

4.—*Laboratories.*

The Combined Districts of Westmorland have established local Laboratories at Kendal for chemical and bacteriological examinations.

The following examinations have been made for Ambleside :—

Diphtheria	...	...	...	46
Malaria	...	...	...	3
				—
Total	...			49
				—

HOUSING.

Total Houses	...	...	...	611
Houses for Working-classes	...		...	390
New Houses erected by private enterprise...				7
Population (estimated)	...		...	2500

There were no important changes during the year, nor are any anticipated in the near future.

Extent of shortage of houses very slight, and will be adequately met by those being built by private enterprise.

Overcrowding.

There is no serious overcrowding, and where any slight amount exists it is due to the size of families. One case was remedied by moving into a larger house.

Fitness.

The general standard of the houses is good; some dampness occurs during the wet weather. The conversion of privies and ash-pits is proceeding rapidly. Owners are generally willing to undertake necessary improvements.

Unhealthy Areas.

There are no extensive areas that can be included under this heading, and no action has been taken nor any complaints made during the year.

Bye-Laws.

The existing Bye-Laws work well, and there is no need for any new ones or the revision of the present ones.

APPENDICES.

HOUSING CONDITIONS.

STATISTICS.

Year ended December 31st, 1920.

1. GENERAL.

(1) Estimated Population	...	...	2500
(2) Infantile mortality	...	...	119
(3) General Death-rate	...	...	12.4
(4) Death-rate from Tuberculosis	...	...	1.83
(5) Number of Dwelling Houses of all classes	...	...	611
(6) Number of Working-class Dwelling Houses...	...	...	390
(7) Number of New Working-class Houses erected	...	...	7

2. UNFIT DWELLING HOUSES.

1.—*Inspection.*

(1) Total number of Dwelling Houses inspected for housing defects (under Public Health or Housing Acts)	...	...	82
(2) Number of Dwelling Houses which were inspected and recorded under the Housing (Inspection of Districts) Regulations, 1910.	...	...	Nil. Records complete.
(3) Number of Dwelling Houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	...	...	Nil.
(4) Number of Dwelling Houses (exclusive of those referred to under the preceding sub-heading) found not to be in all respects reasonably fit for human habitation	...	...	7

2.—*Remedy of defects without Service of Formal Notices.*

Number of defective Dwelling Houses rendered fit in consequence of informal action taken by the Local Authority or their officers	...	...	7
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3.—*Action under Statutory Powers.*

A. Proceedings under Sec. 28 of the Housing, Town Planning, &c., Act, 1919.

- (1) Number of Dwelling Houses in respect of which notices were served requiring repairs.
- (2) Number of Dwelling Houses which were rendered fit—
 - (a) by owners
 - (b) by Local Authority in default of owners
- (3) Number of Dwelling Houses in respect of which Closing Orders became operative in pursuance of declarations by owners of intention to close.

Nil.

B. Proceedings under Public Health Acts.

- (1) Number of Dwelling Houses in respect of which notices were served requiring defects to be remedied
- (2) Number of Dwelling Houses in which defects were remedied—
 - (a) by owners
 - (b) by Authority in default of owners.

Nil.

C. Proceedings under Sec. 17 and 18 of the Housing Town Planning Acts, &c., 1909.

- (1) Number of representations made with a view to the making of Closing Orders.
- (2) Number of Dwelling Houses in respect of which Closing Orders were made.
- (3) Number of Dwelling Houses in respect of which Closing Orders were determined, the Dwelling Houses having been rendered fit.
- (4) Number of Dwelling Houses in respect of which Demolition Orders were made.
- (5) Number of Dwelling Houses demolished in pursuance of Demolition Orders.

Nil.

3. UNHEALTHY AREAS.

Areas represented to the Local Authority with a view to improvement Schemes Under (a) Part 1 or (b) Part 2 of the Act, 1890

Nil.

Number of Houses not complying with the building by-laws erected with the consent of the Local Authority under Sec. 25 Housing Town Planning, &c., Act, 1919

Nil.

Staff engaged on Housing Work, with briefly, the duties of each officer :—

One Housing Officer, who is also Inspector.